



For About 100 Calories, You Can Have...

- 1 1/4 apple or 1 medium banana
- 2 oranges
- 2 cups of watermelon
- 10 strawberries
- 15 grapes
- 3 cups of popcorn
- 21 small pretzels
- 1/3 of a candy bar

A healthy eating style is like a puzzle with many pieces. There is a place for all these foods. What makes a diet good or bad is how they fit together.



**For more information:
Toll Free**

1-866-369-9333

Office of Public Health Nutrition

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